



**A NEW GENERATION OF ATHLETES**

## A healthy camp starts at home!

Here are some of the things you can do to ensure your child has a great camp experience

### Clothing & Cap

Arrive to camp wearing comfortable sports clothing + Youthletes t-shirt and cap. (received on first day).

### Multi-purpose Sports Shoes

Arrive to camp wearing multi-purpose sports shoes to be used for all sports.

\*Football shoes must be WITHOUT cleats.

### Sunscreen

Each camper must have a labeled bottle of sunscreen in their bag.

Please apply sunscreen on your child before arriving to camp.

We will make sure to re-apply again throughout the day.

### Swimwear, Swimming Cap, Goggles & Towel

If your child has swimming session on their schedule, please ensure they arrive to camp wearing swimsuit underneath their clothes.

Boys & girls with long hair must bring from home swimming cap to wear during swimming lessons. Please label towel & goggles using a sharpie.

\*If swim cap is not available, your child will miss the swimming lesson.

### Water Bottle

Each camper must bring a labeled water bottle. We are responsible for refilling their bottles making sure everyone is well hydrated throughout the day.

### Power Snack

Daily power meal is provided from home. Please send some of your child/children's favourite snacks to energize (Some ideas: cold sandwiches, mankoushe', croissant, fruits, veggies, biscuits, crackers, snack bars, dates etc).

### Names tags

All items must be labeled with campers full name.

### Medication

If your child suffers from any medical condition and is required to take a certain treatment, we can keep medical aid at camp (e.g. Ventolin, if asthmatic).

\*A certified nurse will be on site daily during camp hours.

### 70% alcohol hand sanitizer

Bring in a labeled sanitizer daily



**Not allowed at  
YOUTHLETES**

No mobile phone

No tablets

No jewellery

No expensive items

**Youthletes is not responsible  
for the loss or damage of  
any of these items.**

### Tips

Please ensure that our campers have a full breakfast meal at home before coming to camp.

When your child shows signs of illness, please keep them home. This greatly reduces the spread of illness at camp.

Fatigue plays a part in injuries. Ensure your child gets enough rest at night.